

Tyndall Air Force Base, Fla. Gulf Defender Vol. 60, No. 40 Oct. 5, 2001

## Tyndall officer loses brother in World Trade Center attack

### Tragedy inspires scholarship for teachers of autistic children

CATHERINE LAYTON

325th Fighter Wing public affairs

The assault perpetrated upon the United States Sept. 11 is a memory that will never pale. It will darken not only America's thoughts, but also the civilized world's feelings throughout history. It was an attack that can't be compared to any other in American history. It hit the very core of our country. For some, it hit the very core of their family.

Adam Arias was not the stereotypical upwardly mobile executive. Although he was vice president of a brokerage firm and had an impressive office on the 84th floor of New York

City's tallest office building, he was a loving husband and a giving volunteer. He was close to his large family. He enjoyed playing golf, had a good sense of humor and was a very talented vocalist. He performed Frank Sinatra tunes, as well as original songs that he wrote, in small clubs around Manhattan and Staten Island. He won every karaoke contest he ever entered.

The day started out like most others in the 1st Air Force public affairs office for Maj. Don Arias, Adam's brother. He was in the middle of an exercise when he received a call from Southeastern Air Defense Sec-

tor public affairs informing him of a possible commercial aircraft hijacking in New York. His television, always on and turned to CNN, displayed alarming images soon after the first airliner hit Tower One of the World Trade Center. Major Arias called his brother, Adam, whom he knew worked in Tower Two as vice president of EuroBrokers brokerage firm. "There was a lot of chaos where he was," said Major Arias. Adam was describing the things he saw outside of his window. I just told him to get out of there. I told him it was no accident. I didn't even know if he heard

After the phone call, the hopes of the Arias family were high as information started pouring

•SEE ARIAS PAGE 6



It is an emotional time for rescue workers because many of them have lost coworkers and friends in the devastation. Adam Arias, brother of Maj. Don Arias, lost his life helping firefighters Sept. 11.

## New WEG commander keeps Air Force sword sharp

2ND LT. SERENA CUSTIS

325th Fighter Wing public affairs

He sets the pace for the team that makes Tyndall's weapons work.

Col. Jack Gregory recently assumed command of the 53rd Weapons Evaluation Group and is committed to providing premier weapons training and evaluation to the combat air forces.

> "We at the WEG are focused on making sure the edge of our

Air Force's sword remains razor sharp for whatever role it is called on to protect our nation," Colonel Gregory

He and his "sword sharpeners" play a two-fold role in accomplishing this mission. First, the group provides aircrews the opportunity to employ air-to-air missiles and precision-guided bombs in combat scenarios. Secondly, the group collects and evaluates weapon-employment data to provide the Air Force with the best weapons avail-

Colonel Gregory came to Tyndall from the Pentagon where he worked as chief of the Middle East and Africa

division at the office of the deputy undersecretary of the Air Force International Affairs. With more than 3,000 flying hours in the F-4 and F-16, Colonel Gregory brings 22 years of experience to Team Tyndall.

"I flew my first (air-to-air program) many years ago," he said. "I recall all the excitement and tension that surrounded my first live-missile shot. After I landed from that mission with a 'kill,' I had a new-found confidence not only in myself but also in my missile, my jet and the maintainers and weapon-load crews who made all the pieces and parts work."

Col. Jack Gregory

## Thanks to community, base for hard work

BRIG. GEN. WILLIAM F. HODGKINS

325th Fighter Wing commander



A quote that we have seen often lately comes from Green Bay Packer coaching legend Vince Lombardi, who once

said, "It's not whether you get knocked down, it's whether you get up."

Truly America has gotten up and stood tall in the face of the horrible tragedy we witnessed on Sept. 11. The Team Tyndall community spirit, patriotism and support overwhelms me. The American flag is visible on cars and near buildings, and is displayed proudly on our streets. Bay County billboards, once proclaiming the daily special, now speak volumes proclaiming "United We Stand," "God Bless America," and one that even reads, "Kick the tires, light the fire, the Eagle is about to soar."

Public support, patriotism and positive attitudes are vital to the nation's success in this war. Fortunately, no community anywhere is as supportive across the board



f there is one thing this tragedy should have taught us, it's never take those you love for granted."

BRIG. GEN. WILLIAM F. HODGKINS 325th Fighter Wing commander

of all things military as is Bay County. A prime example of community support is Florida State University's generosity in hosting Tyndall people and providing free tickets to last week's game against Wake

While we play a critical role in Operation NOBLE EAGLE, we also have a tremendous responsibility to keep our family members informed and involved. Help them understand various force protection measures and your role in keeping America safe.

Many family members do not under-

stand what the various force protection measures mean. Tell them what they need to be aware of, what suspicious activity to look for, and thank them for their selflessness in understanding the long hours and dedication required to do our part in winning this war on terrorism.

As the demands on servicemembers continue to increase, family members are often neglected and forgotten in the mix. However, if there is one thing this tragedy should have taught us, it's never take those you love for granted. Be sure that

●SEE SPIRIT PAGE 10

#### **Action Line**

The Action Line is your direct line to me. It is one way to make Tyndall a better place to work and live.

Action Line calls are recorded and staffed through the proper agency. The goal is to provide you with an accurate, timely response. You must leave your name, phone number or address to receive a re-

Ouestions or comments of general interest will be published in this forum. This avenue should only be used after coordinating problems or concerns with supervisors, commanders, first sergeants or facility managers. If you're not satisfied with the response or you are unable to resolve the problem, call me at 283-2255.

For fraud, waste and abuse calls, you should talk to the office of inspections, 283-4646. Calls concerning energy abuse should be referred to the energy hot line, 283-3995.

BRIG. GEN. WILLIAM F. HODGKINS 325th Fighter Wing commander

## Gulf Defender uses readers' ideas to redesign paper

Modernization, ease of use and additional local coverage top issues for paper design

SENIOR AIRMAN RUSSELL CROWE

325th Fighter Wing public affairs

Ladies and gentlemen,

Welcome to your Gulf Defender.

As you thumb through the Gulf Defender this week you may notice some things are changing. In fact, you may notice a lot of things are changing. The Gulf Defender is updating to a more modern design that will give readers information quickly, easily and in a more enjoyable package, all the while still giving the facts, not unsubstantiated rumors.

We didn't just decide to make these changes on our own, though. A member of the staff recently attended a month-long course at the Defense Information School where military newspaper editors from all across the Department of Defense and several renowned civilian publications came together to discuss ideas, review papers and make suggestions. The editors were divided into teams and each team reviewed a specific paper. Editors from Aberdeen Proving Grounds, Marine Corps Air Station Cherry Point, Andrews Air Force Base, Fort Leonard Wood, the San Diego Tribune and USA TODAY made suggestions to and helped rebuild your Gulf Defender.

But your input wasn't left out.

Using readership surveys completed by readers ranging from retirees and civilian-service employees to active-duty mechanics and entomologists, the team incorporated what you said should be in your base paper. The surveys, which were recently completed and compiled, asked for more local coverage, especially in areas such as sports and personality profiles on Tyndall people.

You'll notice the commentary page has a new home on Page 2, there is more in-depth, local coverage of intramural sports and many more articles, beginning with this edition, focusing heavily on Tyndall and how we are supporting the Air Force mission.

The font size has been raised to 11 point, making reading easier, and filler advertisements have been removed from the paper so, despite the larger text, we can still fit the same amount of great local, Air Force and DOD information in each week.

More columns, such as Today in History and In Brief are going to make getting information easier than ever. The folio lines of the paper have been changed and a pulled-quote style has been implemented to

●SEE PAPER PAGE 3

The Gulf Defender is

redesigning its look.

#### **Gulf Defender Editorial Staff**

Brig. Gen. William F. Hodgkins	325th FW commander
Capt. Chris Karns	chief, 325th FW public affairs
2nd Lt. Serena Custis	chief, internal information
Senior Airman Russell Crowe	editor
2nd Lt. Ryan Fitzgerald	staff reporter
Staff Sgt. Roel Utley	staff reporter
Catherine Layton	staff reporter
Teresa Nooney	News Herald staffer

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chaser, user or patron

Editorial content is edited, prepared and provided by the public affairs office at Tyndall. All photographs are U.S. Air Force photos unless otherwise noted.

The deadline for article submissions to the Gulf Defender is 4 p.m. Friday, prior to the week of publication unless otherwise noted. Articles must be typed and double-spaced, preferably on a 3.5-inch disc. Stories should be submitted directly to the public affairs office, Building 662, Room 129 or mailed to: 325 FW/PAI, 445  $\,$ Suwannee Ave., Tyndall AFB, FL, 32403-5425 or emailed to editor@tyndall.af.mil. Public affairs staff members edit all material for accuracy, brevity, clarity, conformity to regulations and journalistic style. The delivery of the Gulf Defender to Tyndall base housing sections is provided by the Panama City News Herald.

For more information, or to advertise in the newspaper, call (850) 747-5000.

#### ●FROM PAPER PAGE 2

highlight significant information from important people. Continue to look for changes as they are incorporated into the Gulf Defender over the next few weeks.

We hope you like the Gulf Defender of the future. If you do, drop us a line at <a href="mailto:editor@tyndall.af.mil">editor@tyndall.af.mil</a>. And if you don't, tell us that too. Customer feedback is vital to us in our attempts to produce a product that you find interesting and useful. Thanks for reading the Gulf Defender and we can't wait to hear from you.

#### ●FROM WEG PAGE 1

As the WEG commander, Colonel Gregory is a major player in making all the pieces and parts work. Part of his leadership style is to build confidence in his troops.

"He asks us our opinion on things and involves us in making decisions," said Senior Airman Kimberly Matchett, the information manager in the WEG command section. The combination of Colonel Gregory's leadership experience and

the skill, talent and expertise of the WEG make the group a successful unit.

The WEG is a collaboration of weapons controllers, ammo troops, drone maintainers and operators, telemetry experts and aviators who evaluate and report on weapon employment. The group, comprised of four squadrons and one detachment, conducts the Airto-Air Weapon System Evaluation Program, known as Combat Archer, and the Air-to-Ground Weapon System

Evaluation Program, known as Combat Hammer.

"Our goal is to ensure our Expeditionary Air Force has the highest confidence in the weapons it may be called on to employ," Colonel Gregory said.

This goal is captured in the 53rd Wing's motto: "We sharpen the sword and strengthen the shield." Under Colonel Gregory's leadership, the WEG will continue its tradition of having the sharpest sword and the strongest shield.



#### Steve Wallac

#### Giving from the heart

Brig. Gen. William F. Hodgkins fills out his Combined Federal Campaign paperwork as Senior Master Sgts. Dean Kashabawara, CFC project officer, and John O'Neal look on. The wing goal for the CFC drive is \$162,000.

## 'Use or lose' allowed past FY end

STAFF SGT. AMY PARR

Air Force Print News

**WASHINGTON** — In the wake of an increased operations tempo in support of the president's campaign against terrorism, many Air Force people have been left wondering if they will lose accumulated leave now that the new fiscal year has begun.

Typically, Air Force regulations state that any accumulated leave in excess of 60 days is lost when each new fiscal year begins.

Air Force officials recently announced that adjustments to established policies have been made. As a result, some people in "use or lose" leave status may need to do nothing other than check their leave and earnings statement.

People with 20 or fewer days of "use or lose" leave will automatically have their

leave carried over to the next year, said Maj. Karen Corrente, chief of Air Force travel, transportation and benefits policy at the Pentagon. People with leave in excess of 20 days will only be credited the 20 days.

Major Corrente said because the time between the terrorist attacks Sept. 11 and the end of the fiscal year was only 20 days, any leave days that exceed this will be lost; however, people can follow normal procedures to request leave days in excess of 20 be restored.

With the Defense Department's announcement that leave lost between Sept. 11 and 30 would be restored, the major said many people have been confused about what to do.

"It's important that they not worry," she said. "The leave may be taken away in

October, but it will be automatically returned in December. So, it's important to check your end-of-month December (leave and earnings statement). Installation commanders do have the authority to decline restoring leave for those who may lose leave simply because they chose not to take it throughout the past year."

Because leave should not exceed 60 days at the end of a fiscal year, all restored leave must be used by the end of Fiscal 2002, she said.

According to Tyndall military personnel flight officials, the automatic rollover shouldn't pose any problems for airmen

If problems do occur, or for more information, contact the MPF, 283-2283 or unit orderly rooms.

#### In Brief

#### **Messages of Support**

The Stars and Stripes military publication is starting a new section Wednesday titled "Messages of Support." This section includes space to send greetings, words of encouragement and announcements, free of charge, to family and friends of deployed troops.

Messages are limited to 30 words or less and will be printed on a first-come, first-run basis. Messages of support can be e-mailed 24-hours-a-day to: messages@mail.estripes.osd.mil or mail to European Stars and Stripes, attention: Advertising – Messages, Unit 29480, APO AE 09211 or Civilian European Stars and Stripes, Postfach 1330, 64345 Griesheim, attention: Advertising – Messages.

## AAFES recalls hazardous bowls

**DALLAS (AFPN)** — The Army and Air Force Exregister. The item is a blue salad bowl, which sells for change Service is recalling six items in the Lynn's Concepts Belagio blue line.

tests for lead and cadmium leaching when they failed to meet safe limits set by the Food and Drug Administration.

All AAFES stores have been directed to immediately remove the items from store shelves and place them in storage pending disposition instructions. AAFES qualityassurance officials have placed an electronic block on all recalled styles so they cannot be sold when scanned at the

\$1.50 and has been in the assortment for about four months.

"AAFES customers should discontinue use immedi-Blue salad bowls in the line were undergoing routine ately and return these styles to their AAFES exchange for full a refund," said Mr. Pradip V. Metha, chief of AAFES quality assurance.

> These items can be returned to the exchange from which they were purchased. For more information on returning the items or for questions regarding other items carried by AAFES, contact the Tyndall Base Exchange, 283-2580.

#### Recalled Items

The following have been recalled:

- CRC 9514104, Item No. 480101595 blue serving bowl, 9.5 inch:
- CRC 9884904, Item No. 480101596 serving platter, 14 inch or 12 inch;
- CRC 8779031, Item No. 480105187 blue mug, 8 ounce;
- CRC 8160945, Item No. 480107012 blue bowl, 8.5 inch;
- CRC 4185285, Item No. 480110088 blue dinner plate, 10
- CRC 7376847, Item No. 480112668 blue salad plate, 7.5 inch.



#### Number 34,600 please

Gen. Hal Hornburg, commander of the Air Education and Training Command, enlists Christina Stuchly into the Air Force Sept. 20 at AETC headquarters. She is the 34,600th recruit to enlist into the Air Force this year, which was the Fiscal 2001 Air Force recruiting goal.

# Club drive includes vehicle giveaway

RANDOLPH AIR FORCE BASE, Texas (AETCNS) — The Air Force club system is conducting a membership drive during which selected new members will be able to drive away as winners.

Called the "Ultimate Membership Drive," people who join the club through Nov. 18 have the chance to win one of 10 new vehicles, such as a Chevy Cavalier, Dodge Neon or Ford Ranger.

The campaign is designed to boost the number of officer and enlisted club members, inform the Air Force community about the benefits of club membership and introduce club services to younger Air Force nonmembers, said Air Force Services officials.

Current club members stationed at Tyndall will get a \$10 discount on any evening meal for every new member they bring in to join.

All members will continue to enjoy discounts at base facilities such as the Pelican Point Golf Course, the Aero Club.

the Sports Page Pizza Pub and many more.

New members will also pay no dues until January. The winners of the 10 vehicles have the option of taking an \$8,500 cash prize instead.

To be eligible for the prizes, new members must not have belonged to the club between Feb. 1 and Aug. 14, officials said. People who were members of an Air Force club as of Aug. 14 will automatically be entered in the current-member drawing category. All members must be in good standings with a current "active" account and not delinquent on their account.

Vehicle delivery takes about 12 weeks after selections are made, and delivery is to the nearest available location to the winner's home duty station within the continental United States, officials said.

For more details, contact the services marketing office, 283-4565, or see any club facility manager.

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#### ●FROM ARIAS PAGE 1

in. Adam's coworkers saw him on the 50th floor. Some people saw him on the street. Others said he was assisting firefighters with the evacuation of the building, which didn't surprise Major Arias. Prior to coming on active duty, Major Arias was a firefighter in Brooklyn and Manhattan from 1989-1996. "Adam was sympathetic to the cause. He was a friend of some of the firefighters. I wish he had just left, but it doesn't surprise me that he stayed to help."

In the days following the disaster, no one heard from Adam. The Arias family came together, trying to make sense of the tragedy. On Sept. 19, after the sad reality of Adam's death had set in for his relatives, a memorial service was held for him at Our Lady of Pity, the family's Catholic parish in New Springville, Staten Island. Soon after the service, Adam's wife, Margit Arias, received word that her husband's body had been recovered. Major Arias considered

**W**e have a lot to be thankful for. Our family is one of the very few that has been able to have complete closure."

MAJ. DON ARIAS
1st Air Force public affairs

the news a blessing for the family.

"We have a lot to be thankful for. Our family is one of the very few that has been able to have complete closure," he said. Adam Arias was buried Sept. 21.

Major Arias talked with some of Adam's coworkers in the days following the tragedy. Many of them said Adam saved their lives by coming back up to the offices and herding them out of the building. They said Adam told them the disaster was no accident. He knew this because of the call he received from his brother. Major Arias.

In Adam's will, he allotted money to Major Arias' 6-year-old son Vincent, who has been diagnosed as autistic. "He was the type of guy who would go the extra mile. He would give blood because his blood type was rare. He donated his bone marrow for cancer patients. He just cared so much," said Major Arias. When talking with Margit Arias, she suggested the money be put into a scholarship fund in Adam's name for graduate students

studying to work with autistic children. "I think the scholarship is the best way we can honor his memory. In Adam's name, we will be able to help countless numbers of autistic children – teaching the teach-

ers how to work with them," he said.

The scholarship, named the Adam P. Arias Applied Behavior Analysis Autism Scholarship, has been set up at the Florida State University Panama City Campus. It is there for those graduate students working with autistic children and seeking to become certified behavior analysts. In order for the scholarship to become endowed, \$25,000 must be donated. An endowment means that the scholarship will go on.

"This is a meaningful way to perpetually honor Adam Arias' memory," said Gail Robbins, FSU Panama City Campus development coordi-

nator. "This endowment will provide countless generations of students with the financial assistance needed to make their dreams of helping autistic children and their families and obtaining a graduate degree in ABA a reality."

If the ABA program ever ceased to exist, Major Arias said the scholarship would still be available to those families directly affected by autism. "I want Adam's passing to be significant. His



Courtesy photo

A scholarship has been set up in Adam Arias' name to benefit students who work with autistic children.

death won't ever be as significant as his life, but with the scholarship, he will affect so many people."

To donate to the scholarship fund, contact Gail Robbins at FSU, 522-2008. To mail a check, send it to: Florida State University, 4750 Collegiate Drive, Panama City, Fl 32405, attention Gail Robbins. Note in the memo line of the check that the money is intended for the Adam P. Arias ABA Autism Scholarship.

## Children, like adults, feel effects of tragedies, disasters

## Parents should talk with children, look for awkward behavior

COURTESY OF THE 325TH MEDICAL GROUP LIFE SKILLS SUPPORT CENTER

On Sept. 11 the nation was shocked by news of terrorist attacks on the United States. As adults, many of us gathered around televisions waiting for more information or discussing the tragedy with friends. Many parents are wondering how to speak to their children to help them make sense of a tragedy that we have difficulty comprehending ourselves. Several factors affect a child's response to a disaster.

The way children see and understand their parents' responses are very important. Children are aware of their parents' worries most of the time, but they are particularly sensitive during a crisis. Parents should admit their concerns to their children and also stress confidence in their abilities to cope with the situation.

A child's reaction also depends on how much destruction and/or death he or she sees during and after the disaster. If a friend or family member has been killed or seriously injured or if the child's school or home has been severely damaged, there is a greater chance that the child will experience difficulties. Television coverage of the tragedy and aftermath should be limited or curtailed.

Children's ages can also affect how they will respond to the disaster. For example, 6-year-olds may show their worries about a catastrophe by refusing to attend school, whereas adolescents may minimize their concerns, but argue more with parents and show a decline in school performance. Parents should explain the event in words a child can understand.

According to the American Academy of Child and Adolescent Psychiatry, parents should be alerted to the following changes in a child's behavior:

• Refusal to return to school, clinging behavior, shadowing the mother or father around the house.

- Persistent fears related to the catastrophe (such as fears about being permanently separated from parents).
- Sleep disturbances such as nightmares, screaming during sleep and bedwetting, persisting more than several days after the event.
  - Loss of concentration, irritability.
  - Startled easily, jumpy.
- Behavior problems, for example, misbehaving in school or at home in ways that are not typical for the child
- Physical complaints (stomachaches, headaches, dizziness) for which a physical cause cannot be found.
- Withdrawal from family and friends, sadness, listlessness, decreased activity and preoccupation with the events of the disaster.

Professional advice or treatment for children affected by disaster can help prevent or minimize adjustment problems. Parents who are concerned about their children can call the pediatric clinic, 283-2778, or the life skills support center, 283-7511, for help.

#### Today in History

**1882** Outlaw Frank James surrenders in Missouri six months after brother Jesse's assassination.

1931 Clyde Pangborn and Hugh Herndon complete the first heavier than air nonstop flight over the Pacific. Their flight began Oct. 3, lasted 41 hours, 31 minutes and covered 5,000 miles. They piloted their Bellanca CH-200 monoplane from Samushiro, 300 miles north of Tokyo, Japan, to Wenatchee, Washington.

**1965** U.S. forces in Saigon receive permission to begin using tear gas.



Staff Sgt. Wayne Clark

#### War effort

Air Force personnel put up tents to house military units arriving at a remote undisclosed deployed location for an undisclosed operation on Sept. 27.

#### STAFF SGT. ROEL UTLEY

325th Fighter Wing public affairs

atriotism abounds in the days after the attack on America. But patriotism in action has been on display here for some time in the form of the Tyndall Honor guard. With renewed pride in country and service, the honor guard is an excellent way to proudly represent the Air Force in the local community.

The team currently consists of 42 members who are responsible for rendering military honors at funerals, retirements and other social and official functions in the local and surrounding areas. At full manning, the team would consist of 57 members.

"We average about two to four funerals a week and about two to six retirements or color guard requests a week," said Tech. Sgt. David Harp, NCO in charge of the base honor guard. Each event can require as few as three to as many as 20 participants to render proper military honors.

The squad is divided into three flights to better distribute the events among the volunteers. People who volunteer for the additional duty are on the team for one year and receive several benefits for their commitment.

Once honor guard applicants are accepted into the organization, they are provided a complete ceremonial uniform, ceremonial uniform dry cleaning as required and one duty uniform dry-cleaned each week at the base linen exchange. Honor guard members can also use a designated parking spot at the base exchange and enlisted club. Members are also exempt from base details with the exception of bay orderly for dorm residents and the opportunity to earn an Achievement Medal after the one-year commitment.

But the benefit most honor guard members glean from the experience is a sense of pride. With sharp and crisp movements that can only come from within, honor guard members epitomize pride and military bearing.

"I joined the honor guard for reasons slightly different than most. I'm a naturalized citizen and joining the Air Force was a way for me to give back to my adopted country," said Senior Airman Darcia Evans, a native of Jamaica who's been on the team for six months.

"I joined the honor guard because they do good work. The honor guard gives comfort to families and loved ones (of deceased veterans) and it makes



Tech. Sgt. David Harp performs maintenance on an M-1 rifle used during funeral services.

With a rener patriotism seacross the secross the search Tyndall Holling finds itself representations force at more community proving it is and will a

## AMATTE



Staff Sot Roel Litley



Honor guard members render a 21-gun salute during recent POW

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Staff Sgt. Roel Utley

Tech. Sgt. Elton Plowman practices the presentation of the colors

# ROFPRIDE

them feel part of the person's service to country. I wanted to be part of that," Airman Evans said. "Funerals are tough ones. They're a double-edged sword," Airman Evans said about the pride and the sorrow associated with rendering funeral honors. "We expose civilians to the Air Force. We're all they see. It makes them feel better; well, as good as they can feel considering their loss."

Despite the emotion associated with funerals, the most moving event she has been a part of was the retreat ceremony held at the conclusion of the POW/MIA vigil held here recently. "Everything was heightened because of the recent events. It was hard to keep my military bearing," Airman Evans said.

Tech. Sgt. Elton Plowman has been on the team for three months. His main reason for joining was to pay tribute to America's veterans. "There are 20,000 veterans dying daily. The president ordered that vets should have military honors at their funerals, so I stepped up." In his three months, Sergeant Plowman has taken part in eight events. He noted that being part of the honor guard requires some sacrifice. "I'm married. I talked this over with my wife before I even signed up. It takes time away from family because I sometimes have to work weekends."

But the pride and the show of respect for veterans are worth the minor inconveniences for Sergeant Plowman. "We're a special group. We represent the whole Air Force when we're out there. It's hard to put into words. It gives you this total sense of pride in the Air Force ... the whole United States. You either want to have that pride or you don't. I think every veteran should receive military honors," Sergeant Plowman said.

The honor guard is always looking for new members. Interested applicants should have their commander or unit first sergeant make a recommendation. Some prerequisites for acceptance into the honor guard are: no unfavorable information file on record for the past year; must be able to stand at attention for long periods of time; must be able to fire a weapon right handed; must be able to fulfill a one-year commitment; and must continue to progress through upgrade training.

To find out more about what the base honor guard does and how to join, call 283-4405.



Lisa Carrol



Staff Sgt. Roel Utley

Senior Airman Adam Sparks makes some adjustments to Senior Airman Darryl Gary's honor guard uniform.

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Scott H. Spitze

#### In their memory

A memorial is set up at a Manhattan Fire Dept as the clean-up continues at the World Trade Center site Sept. 29. More than 6,000 people are still unaccounted for following the Sept. 11 attacks.

•From SPIRIT PAGE 2 you have explained your work situation and the reasons behind the long hours to your spouse and children, and don't forget to tell them you love them.

Also, point out some of the security precautions they need to take under force protection condition BRAVO such as checking all incoming mail and packages for unusual markings, stains, odors or sounds. Explain the need to increase the base's security posture and to check their vehicle for signs of tampering. If you suspect your vehicle has been tampered with contact security forces at 283-2254. While some of these measures may seem extreme, as recent as last August a Lackland AFB Noncommissioned-officer had a mail bomb explode in her hands. It's when we relax that we become susceptible to attack.

Part of the regular business of our Air Force also includes celebrating Air Force traditions such as the 325th Fighter Wing Dining Out to be held on

October 13<sup>th</sup>, and promoting deserving people to higher grades and responsibilities.

The Air Force did just that, selecting 39 Tyndall warriors to assume the rank of major (See page 10 for a detailed list). Congratulations and thank you for your commitment to the mission. In honor of the major selects, a promotion party will be held at the officers' club today at 4:30 p.m. Several other troops will also be recognized today. The NCO Induction Ceremony is 3:30-

4:30 p.m. at the officers' club. Please show up and show your support for our new NCO's and Senior NCO's as they take a major step in their careers.

We need to realize that we're all in this campaign together. I'd like to thank those in uniform as well as our civilians, families, community and civic leaders for the contributions you are making to our nation's defense.

Keep waving those American flags, it makes a big difference. I'm proud to be serving with you.

## Results released for O-4 promotions



The following 39 Tyndall captains were selected for promotion to O-4 recently. Take time to congratulate them on a job well done. The overall selection rate for the board was 88 percent. There is a party for all the selectees at 4:30 p.m. Friday at the Tyndall Officers' Club.

Max Marosko

Aaron Benson Michael Bibeau James Boster **Brett Buras** Steven Burgh Charles Butler Mark Connell Bruce Darveau **Anthony Davit** Gary Dawson Andrew Dobry William Finley **Robert Grazulis** Chris Hardgrave Timothy Hart Brian Johnson James King Robert Klukoff Michael Krueger **Brandell Majors** 

Marc Mathes Murray Nance **Chris Padbury** William Peris Steven Robertson Gary Rose Christiaan Sartain Shirley Stricklandbrown Clyde Stuhr Jeffrey Sundberg Scott Thatcher **Todd Toman** Sandy Travnicek Ronald Uline Terry Walker Bryan Weeks Danny Woodall Mark Wootan

#### COMPILED BY 325TH FIGHTER WING PUBLIC AFFAIRS

## Phone numbers, Web sites answer 'return to duty' questions

COURTESY OF THE
AIR FORCE PERSONNEL CENTER

oll-free numbers and Weblinks have been activated to provide in formation to former Air Force members — hundreds of whom have emailed or called asking about coming back to serve their country.

Recently separated and retired activeduty personnel, Guard members and Reservists can contact specific places, officials said. Others, including civilians who may be unsure of their eligibility to return to service, can call the Air Force Personnel Center Call Center, (800)558-1404, 7:30 a.m. to 4:30 p.m.

People who would like to volunteer their time at Tyndall or have questions regarding volunteer programs should contact Catherine Tarrant, volunteer resource pro-

America's support of a call to arms

At A Glance

■ Agree

**■** Disagree

4%

□ Remain neutral

89%

gram manager at the family support center, 283-4204.

"Policies about returning to duty are being evaluated at the highest levels," said Col. Dale Vande Hey, director of personnel program management at AFPC. "Whether we can take people up on their patriotic offers to serve really depends on a number of factors," he said.

"And, of course, policies and procedures could change," said Colonel Vande Hey. "So everyone interested should still call in — even if right now they think they aren't eligible to re-up."

There are several phone numbers and Web sites now available.

#### Recently separated personnel:

The following graph

is a break-down of

America's support of a

call to arms by President

• Survey informa-

tion courtesy of Gallup.

George W. Bush.

• Former enlisted personnel and officers interested in reentering the Air Force must have been reenlistment-eligible upon separation and must meet other prior ser-

vice qualifications for re-entry. Those who want to return to active duty should contact their local recruiter. The Air Force Recruiting Service Web site, www.airforce.com, can assist people in finding local recruiters. People can also call (800)423-8723.

Aviators:

- Pilot and Navigator Voluntary Return to Active Duty: This program offers officers who are current and qualified in an active-duty Air Force aircraft to return to the cockpit. Details on this program can be found at: <a href="https://afas.afpc.randolph.af.mil/trainer/AOT3/Accessions/Return.htm">https://afas.afpc.randolph.af.mil/trainer/AOT3/Accessions/Return.htm</a>.
- Retired Aviator Recall Program: The Air Force was recently authorized to recall retired aviators to fill rated headquarters staff jobs. Application and program details can be found at: <a href="https://www.afpc.randolph.af.mil/enlskills/leb/recall.htm">https://www.afpc.randolph.af.mil/enlskills/leb/recall.htm</a>.

#### Retirees:

◆ Although there are no other programs that allow Air Force retirees to return to active duty, the Air Force Reserve currently has a program to hire retired active-duty officer and enlisted members to fill vacant reserve positions. For information on this program, contact the local Air Force Reserve recruiter via the Web at: <a href="http://www.afreserve.com">http://www.afreserve.com</a> or call the toll-free Active Duty Retiree Program at (800)295-4648.

#### Air National Guard:

• Prior service people interested in entering the Air National Guard can get information from <a href="https://airguard.ang.af.mil">https://airguard.ang.af.mil</a> or by calling (800)864-6264.

#### Air Force Reserve:

• Prior service personnel, both officer and enlisted, interested in continued service can apply for the Air Force Reserve. The Air Force Reserve is also hiring non-prior service personnel for several different career fields. People interested in the Air Force

● SEE RETURN PAGE 13

## Young, old alike offer their help

COURTESY OF THE

AIR FORCE PERSONNEL CENTER

"I'm almost 71, in reasonably good health, don't shuffle my feet, but can still shuffle papers...available for immediate voluntary recall."

These words were e-mailed only hours after the terrorist attack Sept. 11. Officials at the Air Force Personnel Center are busy answering questions about how people volunteering to come back on active duty can best serve.

Hundreds of phone calls and e-mails have been received here from people who have either separated or retired from the Air Force, recently, and not so recently, and who say they want to step in and defend their country once again.

"A couple of people have contacted us about volunteering around the base," said Catherine Tarrant, volunteer resource program manager at the family support center. "One man came in, he is prior enlisted, and wanted to volunteer in any capacity. He knew people were probably going to be deployed, and he wanted to help fill any gaps left by their absences. He said he would be willing to do anything: sweep floors, drive a bus, whatever is needed."



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## The Gulf Guide

#### This Week

#### Saturday New thrift shop hours

The Tyndall Thrift Shop will now be open for sales only 9 a.m.-noon the first Saturday of every month beginning Saturday. Regular operating hours are 9:30 a.m.-12:30 p.m. Wednesdays, Thursdays and Fridays, with consignment hours of 9:30-11:30 a.m. Wednesdays and Thursdays only. It is now possible to consign 20 items each consignment day. Donations are also accepted, and tax forms are available. For more information, call 286-5888.

### Monday AAFES holiday hours

The following Army and Air Force Exchange Service facilities will be open at the following times Columbus Day. Main store, 10 a.m.-5 p.m.; Shoal Point Shoppette, 11 a.m.-4 p.m.; class six and shoppette, 11 a.m.-5 p.m.; Felix Lake Shoppette, 7 a.m.-9 p.m.; and service station, 10 a.m.-5 p.m. All other facilities will be closed.

#### 'Moms, Pops & Tots'

The parent and child interaction play group, "Moms, Pops & Tots," for parents and their under-age-five children meets on Mondays. For more information and meeting locations, call 286-5812.

#### Tuesday Newcomers' orientation

A mandatory "Warrior Welcome" newcomers' orientation for all those new to Tyndall will be 8-11:30 a.m. Tuesday at the Pelican Reef Enlisted Club. Sign-up will start at 7:30 a.m. Free refreshments will be provided. Free child care is available for spouses wishing to attend the orientation. For information on the newcomers' orientation, call 283-2276. For information on how to obtain the free child care, call the relocation assistance program, 283-4204. For child registration information, call the child development center, 283-4747.

#### **Civil Air Patrol meeting**

Civil Air Patrol meetings for children 12 years old and older will be held 6-8:30 p.m. every Tuesday in Building 852. The CAP offers local and national activities with a focus on educational and professional development. For more information, call Capt. Laura Palm, 283-7594, or Master Sgt. Perry Newberry, 283-4189.

#### Wednesday Chapel's Protestant youth group

The Tyndall Chapel's Protestant Youth Group meets 5-7 p.m. Wednesdays at Chapel 2. The meeting begins with dinner with the kid's club and then moves on to its own activities. The youth group is for grades six-12, and the kid's club is for kindergarten-grade five. Adult volunteers of all grades and ages are welcome. For more information, call the Chapel 2 office, 283-2925.

#### Stress-management class

A three-session stress-management class will be noon-2 p.m. Wednesday, Oct. 17 and 24 in the health and wellness center, Room 104. For more information, call family advocacy, 283-7272.

#### **Yard Sales**

The following yard sales are scheduled for Saturday: 2777-A Delta Ave., 3173-A Voodoo Drive and 3674-B Kisling Loop. All yard sales are held between 8 a.m.-4 p.m.

#### **Base Theater**



**Today:** "Princess Diaries" (G, 111 min.)

Saturday: "Summer Catch" (PG-13, sexual content,

language and some drinking, 108 min.)

**Sunday:** "Bubble Boy" (PG-13, language and crude, sexual humor, 84 min.)

**Thursday**: "Bubble Boy" All movies start at 7 p.m.

### Your link to what's going on in the Tyndall community

#### Notes

### International dance performance

The International Affairs Department of the Gulf Coast Women's Club will present an International Dance Performance 1-4 p.m. Saturday at the Junior Museum. In addition to Japanese, Greek, Latin, Scottish and American dance presentations, there will be educational cultural displays representing over a dozen countries. The event is free and open to the public. For more information, call 769-6128.

#### **Guardians ad Litem training**

The next training session for anyone interested in joining the Guardians ad Litem program will begin Oct. 15. Guardians ad Litem represent abandoned, abused and/or neglected children in court. For more information, call 747-5180.

#### **Dental sick-call system**

The dental clinic's walk-in sick-call system has changed to a scheduled-appointment sick-call system for active-duty members only. Active-duty patients requiring a dental sick-call appointment

may call 283-7572. Appointments may also be made at the dental clinic service desk. Retirees and family members who wish to seek dental care will be seen on a standby basis or through their civilian provider. Retiree dental insurance plan information can be found on the Internet at: <a href="https://www.ddpdelta.org">www.ddpdelta.org</a>. Family member dental plan information can be obtained at: <a href="https://www.ucci.com">www.ucci.com</a>.

#### Hispanic heritage volunteers

The Hispanic Heritage committee is looking for volunteers to participate in activities during Hispanic Heritage month, which runs through Oct. 15. The festivities are open to all military members, dependents and civilian personnel. For more information, call Airman 1st Class Viedelquina Hoyte, 283-2670.

#### Minnesota Air Guard openings

Immediate Minnesota Air National Guard positions are available with the 148th Fighter Wing, Duluth, Minn For more information, call Master Sgt. Frank Bucar Jr., DSN 825-7440, or call toll free, (800) 831-7027.

#### **Retiree News**

#### Rule allows FEHBP suspension

The office of personnel management has issued an interim rule to allow TRICAREeligible Federal Employees Health Benefits Program annuitants and former spouses to suspend their FEHB enrollments and then return to the FEHB Program during the open season, or return to FEHB coverage immediately if they involuntarily lose TRICARE coverage. The intent of this rule is to allow TRICAREeligible beneficiaries to avoid the expense of continuing to pay FEHB Program premiums while they are using TRICARE coverage, without endangering their ability to return to the FEHB Program in the future.

Regulations have also been amended to clarify a similar situation involving FEHB-covered annuitants and former spouses. The regulations allow an individual who drops FEHB coverage when he or she enrolls in a Medicare-sponsored

plan or in Medicaid or a similar state-sponsored program, to return to FEHB coverage during the annual open season or immediately upon being involuntarily disenrolled from the non-FEHB coverage. FEHB-related questions can be sent to fehb@opm.gov or visit the FEHBP Web page at: www.opm.gov/insure/health/tricare.htm.

#### **Red Cross needs volunteers**

In response to ongoing military actions, the Central Panhandle Chapter of the American Red Cross is in need of more Armed Forces Emergency Services volunteers. AFES volunteers provide emergency communication between military members and their family as well as other vital services. The chapter will schedule AFES training in the near future. For more information or to volunteer, contact the Central Panhandle Chapter 8 a.m.-3:30 p.m. Monday-Friday, 763-6587.

#### Retirees honored for service

**COURTESY 325TH FIGHTER WING** 

PUBLIC AFFAIRS OFFICE

Retirees can enjoy a weekend of discounts, giveaways, free coffee and doughnuts during Retiree Appreciation days, Oct. 12-13. Tyndall opens its arms to veterans in honor of their dedication and military service during this special event.

Gen. William F. Hodgkins, 325th Fighter Wing commander, says retirees are a vital part of the Tyndall community. "From volunteering at the pharmacy and hospital to holding civilservice jobs, their dedication continues even after their activeduty commitment," he said. "We take this time to appreciate their contributions to Tyndall and the Air Force."

Veteran discounts on base theater admissions, dry cleaning, Bonita Bay boat rentals and purchases at Class Six are just some of the benefits available on Friday and Saturday. In addition, the Tyndall Base Exchange will offer special sales and events throughout those days. Volunteers will serve free doughnuts and coffee at the exchange from 9-10:30 a.m. and from 9-11 a.m. at the Felix Lake Shoppette. On Friday, green fees and cart fees at the Pelican Point Golf Course will be half-price for retirees.

"Retiree Appreciation days are hosted each year by the active-duty community to show support and appreciation to retirees," said retired Col. Bobby Kirkland, director of the Retiree Affairs Office. "All retirees are encouraged to come out and take advantage of the hospitality."

Tyndall will host several other events during Retiree Appreciation days. For more information, contact the Retiree Affairs Office at 283-2737 or check out the next issue of Gulf Defender for a detailed schedule of events.





#### ● From RETURN Page 11

Reserve should contact their local Air Force Reserve recruiter. The numbers can be found in the blue government pages of the local phone book under "U.S. Government, Air Force Reserve." Individuals can also leave a message for a recruiter to contact them by calling (800)257-1212 or via the Web at: www.afreserve.com.

#### Civil Service:

• People wishing to enter civil service for the first time, or return to civil service can call a Recruitment Call Center representative at (800)699-4473 or (800)382-0893 (565-2928) for hearing impaired TDD users. Individuals wanting more information about Air Force civilian job opportunities within specific career fields can contact the AFPC Recruitment Unit at 210-565-3069 or via e-mail at <u>USAF.E-recruiters@afpc.randolph.af.mil.</u>

#### More information:

ON

THE

People who do not qualify for any of the above programs or need further information can call the AFPC Call Center for referral to the appropriate offices or be entered into a database for any future programs that may be established.

#### There's only one way to come out ahead of the pack.



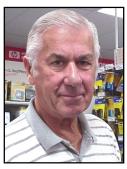


#### How has the Sept. 11 tragedy changed your relationships?



starting to realize what our role is. I think there is a new awareness and an appreciation for what we do."

2ND LT. LINDA GRAHAM 325th ACS student



"I didn't have any relatives in that area, but I still have a lot of friends in the military. But really it hasn't affected my relationships..."

EDWARD BULTMAN Air Force retired



"I'm a lot more calm - more laidback, and I don't take people for granted anymore." TECH. SGT.

CHARLIE CARR 325th MSS NCOIC of relocations



"I give my daughter a lot more hugs now. There are children whose parents didn't get to come home after the tragedy, so I feel lucky."

TECH. SGT. ANTONIO **D**ELGADILLO 325th MSS



# **Funshine N**



October 5, 2001

This page is produced by the 325th Services Marketing office, 283-4565.

**Tyndall Youth Center • Fifth Annual** 

Games, food & lots of fun for the entire family! October 26 • 6-8 p.m.

Register to win **Jacksonville Jaguars** tickets,

autographed footballs and helmets No federal endorsement of sponsors intended.

Sponsored in part by: Blockbuster, First Command Financial Planning, Haribo, Jacksonville Jaguars, Klutz, Oriental Trading Company, Mrs. Grossman's Paper Co. and Milmark Sales

2nd Annual

## r Show

**October 7, 2001** 

Bayview Housing • Noon-3 p.m.

Registration: 9 a.m.-noon • Awards presented at 3:30 p.m.

- **■** Prizes ■ DJ Rockin' Rob
- **■** Food & Beverages **■ Kids Activities**
- Photographs

#### 8 Award Classes:

- Class Trophies 1st-3rd Place
- Pre '54 1955-1964
- 1985-1994 1995-present
- **■** 1965-1974 **■** 1975-1984
- Custom
- - In service Law Enforcement

#### 5 Local Trophies:

- Commander's Choice■ People's Choice
- Ladies' Choice
- Club Participation
- Tyndall's Best

For information call Garv at 763-1695 or 774-1754 or call the E Club at 283-4146

#### Sponsored in part by:

Enterprise Rent-A-Car The Paddock Parkway Tire & Service
First Command Financial Planning
Custom Glass Tinting of Callaway

The Shoppe Dura Lube Auto Zone sparkleauto.com ÖJ Rockin' Rob Beach 99.3 Mothers

Applebee's Big 10 Tires Wiggins Auto Parts Discount Auto Parts Advance Auto Parts Bubbles Car Wash Larry's Real Pit BBQ



#### Hey Football Fans, here's...

## with Services

#### **■** Football Quest at the Pizza Pub

- Win a trip to the AF vs Army football game Nov. 3 \*Sponsored in part by 3M Corp., Hilton Garden Inn Hotel in Colorado Springs, USAA and Dollar Rent A Car
- Pigskin Picks at the CAC
   Play for your chance to win Jacksonville Jaguars tickets and autographed merchandise.
- \*Sponsored in part by: Jacksonville Jaguars and Panasonic

■ Football Frenzy in the Pizza Pub

• AF Club Members could win a trip to an NFL game, the Super Bowl, the Pro Bowl, or a trip for four to Disney World or Disneyland.

\*Sponsored in part by: Miller Brewing Co., American Airlines, Destination Arlington & Double Tree Alana Waikiki \*No federal endorsement of sponsors intended.

Pizza Pub • 283-3222

CAC • 283-2495

#### **Youth Center**

© 283-4366

#### **Tennis 1-2-3**

Learn the basics in a group environment. Program starts Oct. 13. Open to ages 6 and up. Cost is \$30 for members and \$35 non-members and includes T-shirt. Call for more information.

#### **Start Smart Soccer**

Open to youth ages 3-5 years old. Parents participate one-on-one with their child, teaching basic soccer skills. Program begins Oct. 27 at 8 a.m. Cost is \$25. Call Andy for more information.

#### **Youth Archery**

Are you ready to learn about archery? Sign up for "Kids on Target" archery. Open to ages 10-16 years old. Program runs Oct. 26, Nov. 2, 9, and 16 at 3:30 p.m. Cost is \$25 for members and \$30 for non-members. Call Andy for details.

#### **Punt, Pass and Kick**

The NFL Gatorade Punt, Pass and Kick competition is rescheduled for 4 p.m., Oct. 17. Open to youth ages 8-15 years old. Top finishers will advance to sectional competition in Crawfordville, FL. For details call Bruce.

#### **Graphic Impressions**

© 283-2228

#### **Business Cards**

Your photos or color logos can be included on our Full Color cards for just \$20 per 200.

#### **Color Copies Special**

Every Friday 8 1/2" x 11" color copies are just 65¢ each.

#### Skills Development Ctr.

© 283-4511

**Quilting Class** 

Oct. 18, 25, and Nov. 1, 8. (Four week class) 6-8 p.m. Basic course for beginners using rotary cutting methods. Call for class fee and supply list.

#### **New Lodging Rates**

Effective October 1 the AETC lodging rates will be as follows: \$21.50 for VOQs; and \$30.50 for large distinguished VOQs. The TLF rate will remain \$27.50.

#### **Bowling Center**

© 283-2380

#### **Snack Bar Specials**

- Stacked Sandwich: Choice of ham, roast beef or turkey, french fries and medium drink \$3.10
- Oktoberfest Special: Knockwurst or bratwurst on roll with potato salad, kraut, baked beans and med. fountain drink \$3.25

#### Veterinary Clinic

© 283-2434

#### **Special Hours**

The veterinary clinic will be closed on Friday, Oct. 5 and Monday Oct. 8.

#### **Retiree Appreciation**

Mon., Oct. 15. Retirees, make your pet's appointments for this day and save 20%.

#### Aero Club **Flight Training Center**

**Private Pilot Ground School** 

October 10 Commercial Instrument October 11

Call 283-4404

for more information

Air Force Clubs

#### The 2001 Ultimate Membership Drive

10 Air Force winners get their choice of a Ford Ranger, Chevy Cavalier, Dodge Neon or \$8,500!

Signup by November 18 to be eligible for the drawing. Current members are already entered to win! Bring in a new member and receive a coupon for \$10 towards dinner.

E Club: 283-4357 • O Club: 283-4146









#### Marina Club

© 283-3059

Come check out our fish specials every Friday at lunch.

#### **Election Day**

Oct. 6 is Tyndall Yacht Club election day.

Sunday Breakfast 8-10 a.m.

## WEG inches out ACS 14-10 as intramural sports return

2ND LT. RYAN FITZGERALD

325th Fighter Wing public affairs

In a game that wasn't decided until the game clock read zero, the Air Control Squadron fell to the Weapons Evaluation Group in Monday's intramural football action.



nd Lt. Ryan Fitzgerald

A WEG airman cuts between two defenders during Monday night football.

The ACS struck first, fast and hard, as star quarterback D'Angelo Brooks scrambled for 20 yards into the end zone on the opening drive. Brooks led his team all night with lightning speed and a sniper rifle arm.

Not to be outdone, the WEG Eleven ran a perfect rendition of the West Coast offense, moving 80 yards in

short order, ending in a thread-theneedle touchdown pass to tie the game 7-7.

Unwilling to give an inch, the WEG keyed up with tough defense. Adam Wyatt sacked Brooks for a 10-yard loss, and the ACS offensive drive ended two downs later, as they gave the ball up with just 1:38 remaining in the first half.

The second half started with more tough defense from the WEG, forcing the ACS to settle for a field goal on their opening drive. For the next 12 minutes, both teams showed their abilities to turn the ball over, give away

penalties and not put points on the scoreboard. The Air Controller's Eric Hamilton ran for twin ten-yard gains in the same drive, but was let down as the WEG defense slammed the door with an interception in the end zone. Their most promising drive of the second half ended, the ACS dropped into a prevent defense, attempting to hold the sputtering WEG offense and hold on to their razorthin three-point lead.

It was not to be. At the two-minute warning, the WEG showed some offensive fervor. Aided by two holding calls on the ACS, the men in black scored the second half's sole touchdown. The point after made the score 14-10 with 1:38 left on the clock.

Under the gun, the ACS ran the two-minute-drill for a ferocious drive. Key runs by their quarterback and good clock management kept them in the game. Only a key sack on Brooks by Anthony "Smitty" Smith marred their great drive. But the WEG flexed their defensive muscles to hold the ACS 6 inches from the end zone. When their last attempt to score failed, the ACS could not get it done, giving the 53rd the win and more important, the bragging rights.

"We just went out there and gave it our all," said Wyatt, "we played with heart and came away with the win."

#### In Brief

#### VolksSport Club 5/10K walk

The Panama City VolksSport Club's 5/10K walk will be Oct. 13 at Pine Log State Forest off Highway 79, north of Panama City Beach. The walk can be started any time between 8 a.m. and noon but must be completed by 3 p.m. 5K walks are the equivalent of walking 3.1 miles and are held on park trails. This event is in conjunction with Florida's Greenways and Trails Month, encouraging all those in Florida to hike a trail during the month. For more information, call D.J. Moore, 871-2624, or Caroline Bagley, 234-5792.

#### Torch run

Florida State University, Panama City campus, is looking for torchbearers for its annual torch run to Doak Campbell stadium. Runners will carry the torch for a portion of the 100-mile trek to the stadium. The run is part of Florida State's homecoming week activities. The torch run begins at 8 p.m. Nov. 9 at the Panama City Campus. The torch will arrive at the stadium in time for

the Florida State/Miami football game Nov. 10. For information call 522-2040.

#### Lunch and learn

A lunch and learn session in observance of Breast Cancer Awareness Month is 11 a.m. to 1 p.m. Oct. 17 at the health and wellness center. Enjoy recipes featuring soy during a healthy cooking demonstration followed by an informational session on breast health. A clinical breast exam and an opportunity to schedule a mammogram appointment will also be available after the cooking demonstration. Call or stop by the HAWC, 283-3826, Building 1307, to register for this event.

#### Fitness center hours

Remember to take time and work out, especially during heightened times of stress and longer work hours. The Tyndall Fitness Center is open 5 a.m. to 1 a.m. Mondays - Fridays and 10 a.m. to 6 p.m. Saturdays and Sundays. Holiday hours are the same as weekend hours.

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